

ARE YOU POSITIVE YOU HAVEN'T WORN THIS GIRDLE?



GLADYS PARKER

(Released by The Associated Newspapers)

### Meat Supply Outlook Dim, Says Advisor

The meat situation will not see any substantial improvement until the fall of 1949, states C. V. Castle, Los Angeles county farm advisor, representing the University of California Agricultural Extension Service.

Castle points out there are several contributing factors to the present inflation in meat prices. First . . . the small corn crop of last fall, second . . . the high meat prices last year which caused producers to sell their cattle faster than they replaced them, and third . . . the present high per capita consumption of meat.

On the first count, last year's small corn crop contributed a great deal to the short feed supplies during the past winter and spring. The small corn crop meant a small pig crop, and a major part of our meat supply is pork. This year's big corn crop will improve the situation eventually, but not until about a year from now.

The second reason, the high prices which are causing producers to sell cattle faster than they replace them, has caused a drop of 7,000,000 head in cattle numbers in the past three years. This over-marketing to meet an im-

### Darby Heads Speaker List

Raymond V. Darby, chairman of the county Board of Supervisors, today was appointed chairman of the speakers bureau of the Southern California Dewey-Warren Campaign Committee.

Darby has long been active in the League of California Cities and is now completing his 22nd year as an elective public official. He was a member of the Earl Warren delegation to the Republican National Convention this year.

Immediate demand has created a serious problem.

The third contributing factor has been that we have continued to eat more meat than we did before the war. The per capita consumption of meat last year was 16 per cent above the pre-war average, and is running 12 per cent above prewar this year. Per capita income is two and one-half times higher than the prewar average, which means people have more money to spend for meat.

What are the conclusions? It's still hard to say. If income stays up, demand will stay up, and prices may increase even further. The large grain crops this year will eventually relieve some of the pressure on beef when they have been converted into expanded production of eggs, poultry, and pork, Castle believes.

### Your Kitchen Counsellor

by HARRIETT SMITH

Southern California Gas Company Home Service Representative

#### ADD A LITTLE SPICE

There's nothing like the addition of a little spice to give a magic touch to lots of ordinary foods. But oh! What can happen when it's overdone!

Just the other day we got a frantic call at one of our offices. The lady made chili sauce and mis-read the recipe. It started with twenty-five cups of tomatoes (peeled and cut in pieces) and one of the spices called for was one teaspoonful of cayenne pepper. She put in two tablespoonsful. Whew!!!

Now, a touch of cayenne is nice in chili sauce. But six times the measure called for makes it pretty hot. And there's not much chance of getting it out once it's in. Somebody's going to have a lot of soups and casseroles seasoned with a little hot chili sauce this winter.

#### CHILI SAUCE

In case you're looking for a good recipe for chili sauce, here's one we like. The combination of spices gives it an excellent flavor. It doesn't call for cayenne, but add a bit if you like. Go easy—a half teaspoon should be plenty.

30 ripe tomatoes  
10 peeled medium onions  
8 seeded green peppers  
1 1/2 c. sugar  
3 Tbsp. salt  
1 qt. vinegar  
2 tsp. powdered cloves  
2 tsp. cinnamon  
2 tsp. allspice  
1 tsp. ginger

Chop vegetables very fine. Add sugar, salt, vinegar and spices. Cook slowly, uncovered, for 2 hours, or until thick. Pour immediately into hot sterilized jars. Seal.

Note: Chili sauce may be placed

In large shallow pan and cooked uncovered in the oven at 350° F. for 2 1/2 to 3 hours. Stir several times during last hour of cooking.

**SPICE SERVES A PURPOSE**  
If you'd like to develop a nice touch with spices, remember this—spice serves one of two purposes. It brings out a bland flavor or it produces a flavor.

So many folks stick to the old spice-rack stand-bys and use them in the same old way time after time. Try and taste is the system for picking up new seasoning notes.

Cream sauce for fish or vegetables can be dull. Make it a tasty treat with the addition of a dash of cayenne and a generous sprinkle of nutmeg.

Toss a spatter of ginger in the pot-roeat gravy. Put a bit of chili powder or curry in things made with mild cheese. Oh—there are lots of ideas you'll want to try. Try and taste is the system for picking up new seasoning notes.

**BROWN SUGAR SPICE CAKE**  
While we're thinking of spices, what could be more natural than to get out one of our very best spice cake recipes? Hope you'll like it.

- 3/4 c. shortening
  - 1 1/2 c. firmly packed brown sugar
  - 2 c. sifted cake flour
  - 1 tsp. soda
  - 1 tsp. cinnamon
  - 1/2 tsp. allspice
  - 1/2 tsp. nutmeg
  - 1/2 tsp. cloves
  - 1/2 tsp. salt
  - 3/4 c. buttermilk
  - 3 Tbsp. molasses
  - 1 tsp. vanilla
- Cream shortening and brown sugar. Add eggs, one at a time, being well after each addition. Sift dry ingredients together. Mix buttermilk, molasses and vanilla. Add dry ingredients alternately with the milk to the creamed mixture. Bake in two 8-inch layers 35-40 minutes at 350°.

## SCHOOL DAYS are here again!

It's no problem to find plenty of nourishing food for young scholars when you make Safeway your food shopping headquarters. Here, right near your home, are all the foods you need for energy packed meals. You'll learn a lesson in thrift, too, when you discover how Safeway's low prices on every item add up to real savings.



Solve school time meal time problems at SAFEWAY

#### CEREALS & CRACKERS

- Corn Flakes Kellogg's 2 8-oz. pkgs. 27¢
- Wheaties 8-oz. pkg. 14¢
- Shredded Wheat National 12-oz. box 16¢
- Cream of Wheat Quick 14-oz. box 18¢  
(Regular or Quick, 28-oz. box, 30¢)
- Oven Glo Sodas 1-lb. pkg. 23¢
- Busy Baker Sodas 1-lb. pkg. 25¢
- Pirates' Gold Graham's 1-lb. pkg. 27¢
- Tea Timer Party Crackers 1-lb. pkg. 31¢  
(8-ounce package, 20¢)

#### MARGARINE

- Sunnybank 1-lb. carton 39¢
- Allsweet Made by Swift 1-lb. carton 39¢
- Durkee's 1-lb. carton 37¢
- Blue Bonnet Yellow Quik 1-lb. carton 42¢
- Delrich E-Z Color 1-lb. carton 42¢
- Parkay Color Kwik 1-lb. carton 42¢

- Orange Juice FULL O'GOLD NATURAL 2 18-oz. cans 23¢
- Tomato Juice SUNNY DAWN 3 18-oz. cans 25¢
- Lunch Meat RATH BLACK HAWK 12-oz. can 39¢
- Cookies WESTON GEO. INN ASSORTED 1-lb. pkg. 45¢
- Marmalade HARTLEY'S ORANGE 16-oz. jar 27¢
- Graham's OVEN-GLO CRACKERS 1-lb. box 21¢
- Mayonnaise NUMADE pint jar 50¢

#### LUNCH BOX ITEMS

- Velveeta Kraft Cheese Food 1/2-lb. pkg. 33¢
- Sandwich Spread Lunch Box pint jar 39¢  
(Half-pint jar, 23¢)
- Ripe Olives Madera standard 9-oz. can 15¢
- Venus Fig Bars 1-lb. pkg. 25¢
- Lunch Meat Hormel Spam 12-oz. can 45¢
- Potted Ham Libby Brand 3 1/4-oz. can 10¢
- Deviled Ham Underwood 2 1/4-oz. can 18¢
- Grated Tuna Chicken of the sea 6 1/2-oz. can 40¢
- Grated Tuna Torpedo Light Meat 6-oz. can 36¢

#### SAFEWAY SAVINGS

- Blended Peas Sugar Belle 20-oz. can 17¢
- Edwards Coffee Drip or Regular 1-lb. can 49¢  
(Vacuum packed, (2-lb. can, 95¢)

**Mrs. Wright's BREAD**

Freshly baked, sliced and wrapped. For school lunches.

- Butter & Egg standard loaf 17¢
- White or Wheat standard large loaf 18¢
- Cracked Wheat standard loaf 15¢

#### POPULAR ITEMS

- Milk Squares Suchard 6-oz. pkg. 29¢
- Almond Squares Suchard brand 5-1/5-oz. pkg. 29¢
- Ovaltine 6-oz. Size 38¢ 14-oz. Size 69¢  
(Chocolate or regular.)
- Grape Jelly Welch 1-lb. jar 22¢
- Whole Apricots 30-oz. can 23¢  
(Valley Gold, choice unpeeled.)
- Tomato Soup Rancho 3 10 1/2-oz. cans 25¢
- Black Tea Lipton's 1/2-lb. pkg. 63¢  
(Yellow Label, (1/4-lb. pkg., 32¢)
- Tea in Bags Lipton Black package of 10 19¢

#### SOAPS & CLEANERS

- Lava Soap Medium Size 2 bars 19¢
- Lifebuoy Soap Regular Size 2 bars 19¢
- Swan Soap 2 bars 21¢
- Soap White King 46-oz. box 70¢  
22-oz. box 34¢  
Granulated. For dishes, clothes.
- Par Soap 3-lb. box 62¢  
21-oz. box 32¢  
Granulated. For all washing uses.
- Scotch Soap Granulated. 48-oz. box 62¢

ALL PRICES LISTED ARE EFFECTIVE THROUGH NEXT MONDAY, SEPTEMBER 20, 1948 IN SAFEWAY STORES LOCATED IN LOS ANGELES COUNTY.

LOS ANGELES COUNTY FAIR  
POMONA SEPT. 17-OCT. 3  
PLAN TO ATTEND.

### FARM-FRESH PRODUCE

From the fields and orchards of the principal growing areas, farm fresh fruits and vegetables are rushed to your nearby Safeway and sold by weight to give you extra value in every purchase.

- GRAPEFRUIT FOR FRESH JUICE lb. 3¢
- MELONS PERSIAN THICK MEATED lb. 5¢
- LETTUCE TOP QUALITY SOLID HEADS lb. 4¢
- SQUASH BANANA THICK MEATED lb. 4¢

## SAFEWAY

RIGHT TO LIMIT RESERVED. NO SALES TO DEALERS.

1301 SARTORI AVE., TORRANCE

2171 PACIFIC COAST HWY., LOMITA

### BEVERLY PEANUT BUTTER

Stabilized. No oil separation.

- 8-oz. 21¢ 1-lb. jar 35¢
- 2-lb. 69¢

### Real Roast Peanut Butter

- 2-lb. jar 63¢ 1-lb. jar 33¢

### Skippy Peanut Butter

Creamy or Chunk 1-lb. jar 37¢

### 'WASTE FREE' MEATS

At Safeway, meats are trimmed "waste-free" before weighing (see sketch) assuring you more good-eating meat in every pound you buy. For extra value in meat, buy the modern way, trimmed, then weighed.

- RIB ROAST 7-INCH CUT FROM FIRST FIVE RIBS lb. 89¢
- LEG OF LAMB SHANK OFF lb. 75¢
- PORK CHOPS CUT FROM EITHER END OF LOIN lb. 69¢
- HALIBUT SLICES NO WASTE, NORTHERN lb. 49¢

Sliced Cheese American lb. 59¢

#### SOFT DRINKS

Prices are for contents only. Deposits are extra.

- Root Beer Cragmont 2 32-oz. bottles 23¢
- Orange Soda Gold Rush 2 32-oz. bottles 23¢
- Sno Cola 2 32-oz. bottles 23¢
- Ginger Ale Snowy Peak 2 32-oz. bottles 23¢
- Strawberry Soda Cragmont brand. 2 32-oz. bottles 23¢

#### DAIRY FOODS

- Fresh Milk Lucerne quart carton 19¢  
Homogenized. (Half-gallon carton, 38¢)
- Half and Half Lucerne pint carton 24¢
- Buttermilk Lucerne quart carton 14¢
- Cottage Cheese Blossom Time. Cream of Farmer Type. 1-lb. carton 27¢
- Cheddar Cheese Wisconsin Mild Sharp lb. 73¢
- Oregon Cheese Mild Cheddar lb. 68¢
- Ice Cream Party Pride pint carton 19¢  
Vanilla, Chocolate, Strawberry. (Two pints, 37¢)

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\* NATIONAL GUARD DAY—SEPT. 16 \*  
\* The National Guard Defends \*  
\* America . . . JOIN NOW! \*  
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